



Savory Braised Short Ribs over Wide Noodles*

prep time:
20 minutes

cook time:
1 hour, 33 minutes

makes 6 servings

grocery list

ShopRite flour
Morton & Bassett Ground Cinnamon, Ground Allspice and Ground Black Pepper
La Baleine Sea Salt
5 lb. beef bone-in short ribs
Enova Oil
large fresh sweet onions
fresh baby carrots and fresh celery ribs
elephant garlic cloves
Morton & Bassett Bay Leaves
canned whole plum tomatoes (without basil)
beef broth and Cabernet red wine
cornstarch

*Exclusive Chef Faith Alahverdian recipe.

savory braised short ribs over wide noodles

- 1/2 cup ShopRite flour
- 1/4 tsp. **Morton & Bassett Ground Cinnamon**
- Pinch **Morton & Bassett Ground Allspice**
- 1/2 tsp. **La Baleine Sea Salt**
- 1/2 tsp. **Morton & Bassett Ground Black Pepper**

5 lb. beef bone-in short ribs, trimmed

3 tbsp. **Enova Oil**

2 large sweet onions, cut in large dice

1 1/2 cups baby carrots

3 celery ribs, large dice

2 elephant garlic cloves, chopped

1 **Morton & Bassett Bay Leaf**

1 1/2 cups canned whole plum tomatoes
(without basil)

4 cups beef broth

2 cups Cabernet red wine

2 tbsp. cornstarch mixed with 2 tbsp. Cabernet

Chopped fresh flat-leaf parsley (optional)

Hot cooked wide fluffy egg noodles (optional)

1. Place flour, cinnamon, allspice, sea salt and black pepper in extra-large resealable plastic bag; seal and shake to combine. Add short ribs; seal and shake to coat.
2. Place large Dutch oven over medium heat; add 1 tablespoon of the **Enova Oil**. Heat oil 1 minute; add enough short ribs to cover bottom. Allow ribs to brown on one side; turn to brown on other side. When completely browned, remove from pot and set aside. Repeat, if necessary, with remaining ribs.
3. Add remaining 2 tablespoons **Enova Oil** to pot; add onions, carrots and celery. Sauté over medium heat 5 minutes or until onion is translucent. Add garlic; sauté another 2 minutes. Add bay leaf, tomatoes, broth, 2 cups Cabernet and short ribs to pot; bring to boiling. Cover; reduce heat to low. Simmer, degreasing every 20 minutes by skimming fat off top, until short ribs are fork tender, about 1 1/2 hours. Remove ribs; keep warm.
4. Remove lid; degrease one last time. Combine cornstarch with 2 tablespoons Cabernet; pour into sauce. Bring to boiling again, whisking constantly; simmer until glossy, about 20 minutes. Serve ribs and sauce over hot cooked wide egg noodles and garnished with chopped parsley, if desired.

Per Serving: 544 calories, 27g carbohydrate, 35g protein, 25g fat, 4g fiber, 91mg cholesterol, 1058mg sodium

kitchen tools

dry measuring cups

measuring spoons

fillet knife

cutting board

chef's knife

liquid measuring
cup

extra-large
resealable plastic
bag

large Dutch oven

heatproof spatula
or spoon

cooking fork

recipe note

This dish is even better reheated the next day.

a good idea

Freeze leftover gravy from this dish for a delicious addition to a quickly cooked steak.

